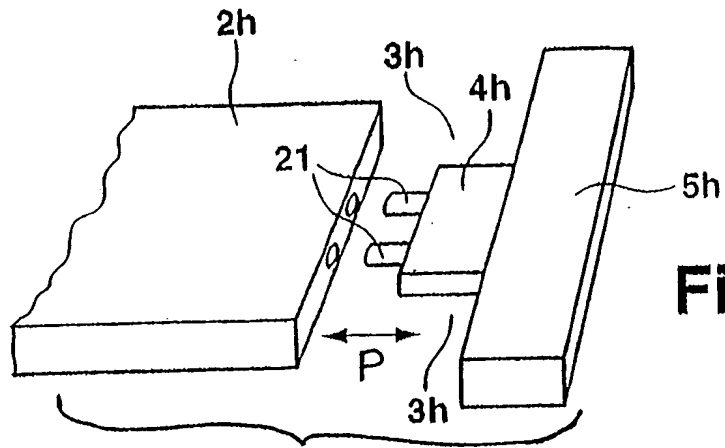
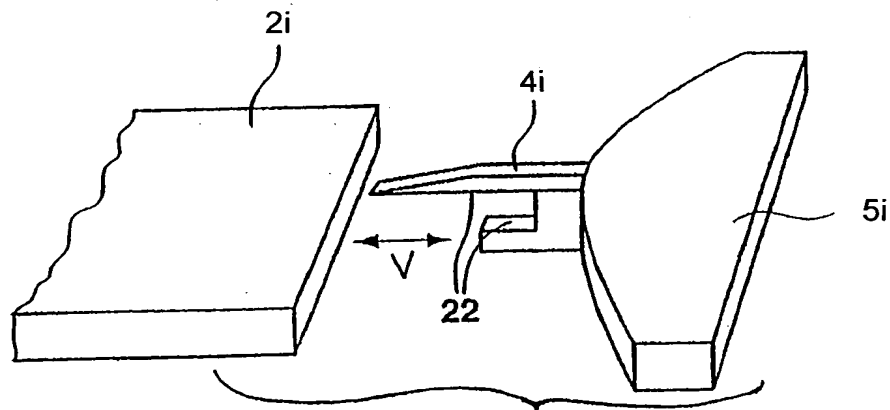


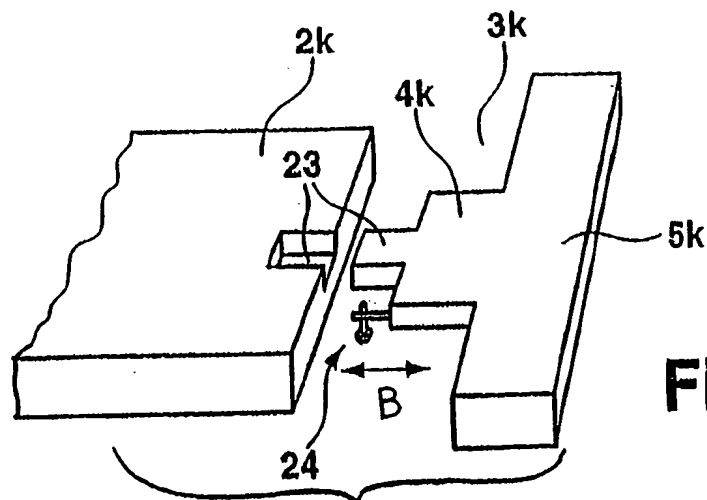
5/9



**Fig. 12**

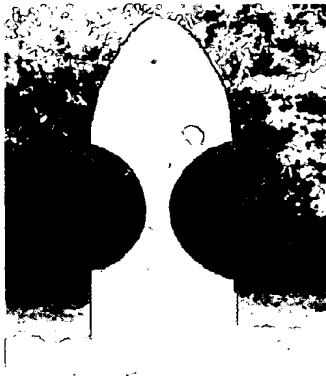


**Fig. 13**



**Fig. 14**

DEMO PICTURES



THE PICTURES SHOW A FIXXBACK.  
BOARD IS 3/4 inch THICK



A BLACK TAPE AROUND THE  
RIM SHOWS BETTER CONTRAST AND  
MARKS THE BOARD'S LEVELS.

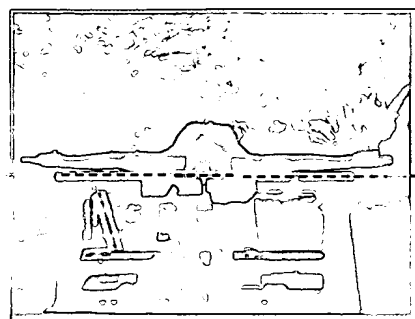


there is an additional supporting  
bar under the board preventing the  
wooden board from breaking apart.



TO HAVE A BETTER VIEW THE 'LEGS  
'ARE PUT BEHIND THE CUTOUTS

THE WHITE PAPER & THE ORANGE  
BAR RUN 90degree SIDEWAYS TO THE  
BOARD'S UNDERSURFACE.



ORANGE BAR AND WHITE  
PAPER(TOP) MARK THE BOARD'S  
UNDERSURFACE  
(THIS BOARD IS 3/4 INCH THICK)

THE BLACK STRIPE UNDER THE  
HAIR IS THE BOARD ITSELF.



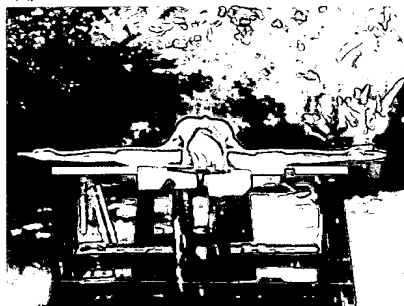
# FIXXBACK "RELAXERCISE"



YOU LIE ON THE BOARD STRETCH THE ARMS, AND SPREAD THEM SIDEWAYS LIKE OPENING WINGS



THE SMALL FINGERS ARE SLIGHTLY HIGHER THAN THE THUMBS!  
THE ARMS ALWAYS STAY STRETCHED.



THE ARMS CAN GO DEEP UNDER THE BOARD'S SURFACE LEVEL AS THE CUT-OUTS COMPLETELY TAKE AWAY ("ROB") THE SHOULDERBLADE'S SUPPORT.

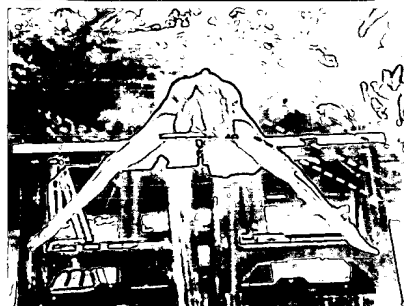
(The cutouts in the board let the shoulderblades move freely.).



WHEN THE ARMS FEEL ALL STRETCHED RELAX, JUST WAIT, HAVE A BREAK, TAKE A BREATHER.



THIS PICTURE IS TAKEN AFTER APPR. 30 SECONDS OF RELAXATION.



THIS PICTURE IS TAKEN AFTER APPR. 3 MINUTES OF RELAXATION.

THE SHORTENED MUSCLES IN THE CHEST AREA & UPPER INNER ARMS ARE STRETCHED BACK TO NORMAL, THESE MUSCLES' TENSION IS TAKEN AWAY JUST BY GRAVITY.

THIS IS A COUNTERMOVEMENT (STRETCH) TO DAILY BENT FORWARD, "SLOUCHING" SITTING POSITION, WHICH IS TYPICAL FOR E.G. COMPUTERWORK, WORKDESKS, DRIVING CARS-in general LONG SITTING.

DEMO PICTURES: CUTOUTS & SHOULDER BLADES



THE CUT OUTS GO FAIRLY DEEP TO THE BOARD'S CENTER,  
SO THE SHOULDERBLADES HAVE NO MORE SUPPORT.



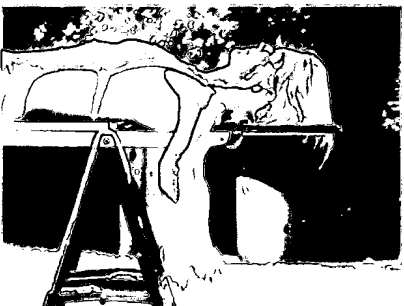
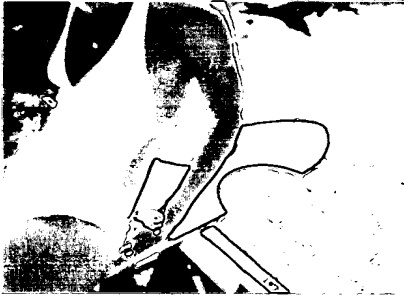
THIS PICTURE SHOWS HOW THE  
SHOULDERBLADE AS WELL AS THE ARMS  
GO FAR UNDER THE TOPSURFACE OF  
THE BOARD



THESE PICTURES SHOW THE  
SHOULDERBLADES UNDER THE SURFACE  
OF THE BOARD.  
THEY ARE HAVING NO SUPPORT AT  
ALL - WHILE THE REST OF THE BODY  
AND THE HEAD ARE HAVING FULL  
SUPPORT.



DEMO PICTURES SIDE -VIEW



DEEP RELAXATION ONLY WORKS  
WHEN THE REST OF THE BODY &  
HEAD ARE FULLY SUPPORTED AND  
RESTING ON THE BOARD.